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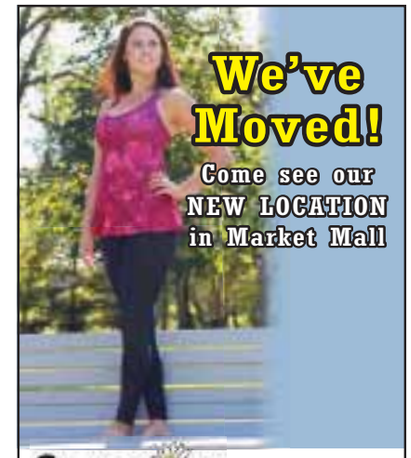
Transport issues impact growth: Wall

Premier talks rural Sask. at SARM conference PAGE 2

'Lazy jackass' state of mind

Can our columnist be a bachelor if he has a girlfriend? Just ask his socks PAGE 8



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EXPLOSION IN HARLEM

Firefighters use an excavator to remove rubble after responding to a five-alarm blaze and building collapse in the Harlem area of New York City on Wednesday. Reports of an explosion were heard before the collapse of two multiple-dwelling buildings that left at least three people dead and many injured. **Story, page 4.** ROB BENNETT/OFFICE OF MAYOR OF NEW YORK/GETTY IMAGES

LGBTT community mourns member

Healer, teacher, friend.
Death of Demetrios Karahalios, 48, investigated as homicide

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Police in Edmonton are investigating the death of 48-year-old Demetrios Karahalios, a former resident of Saskatoon, as a homicide.

A prominent drag queen known to friends as Jimmy or by his drag queen name, Coco, Karahalios was found dead at his home in Edmonton's Oliver area last Saturday.

He was influential in Saskatoon's LGBTT community before moving to Alberta's capital about 20 years ago.

"When I finally came out, I moved to Vancouver and came back here and I was having difficulties, but Coco was there," Guy MacIntyre, a friend of Karahalios for more than 25 years, said on Wednesday while fighting back tears.

Demetrios Karahalios was found dead in Edmonton last Saturday. FACEBOOK/BUDDYS NITE CLUB

"I had a lot of issues going on back then and he said, 'You just got to make up your mind, be happy with yourself and move on,'" recalled MacIntyre.

"That was the type of guy he was — he was very straightforward."

MacIntyre referred to Karahalios as a "healer, a teacher and a good friend" to everyone, not only those in the LGBTT community.

Edmonton police have provided very little information on the suspected homicide. A police spokesman said the investigation is continuing.

Tim LeMay, 61, a friend of Coco since the early 1990s, said he was shocked when he learned of the tragedy through Facebook.

"When I found out it was a homicide, I just froze," LeMay said.

"It was just like, 'Who could have done this and why?'"

Woody's Video Bar and Buddy's Nite Club, where Karahalios worked in Edmonton, has posted a message on its Facebook page thanking its patrons for support following his death.

"We have suffered an awful loss," the post says, "but it's amazing to see everyone come together and be there for one another."

This Saturday, Buddy's Nite Club will host a tribute drag show to celebrate Coco's life.

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Regina

End to Afghanistan mission marked in Saskatchewan

The Saskatchewan government raised a Canadian flag outside the legislative assembly on Wednesday in honour of the end of Canada's 12-year military mission in Afghanistan.

Earlier in the day, the flag flew at half-mast in commemoration of the troops' sacrifices, including those of the 158 soldiers — 17 of whom had ties to Saskatchewan — who lost their lives during the conflict. The flag then rose to its full height in the afternoon to acknowledge the mission's end.

"We know that because of the Canadian efforts in Afghanistan, the terror camps that spawned the tragedy (of Sept. 11) are out of business," Premier Brad Wall told a crowd on hand.

Flag-raiser Sgt. Dan McKenzie said memories of his time in Afghanistan won't fade.

"We often talk about this day when the mission ends but … today, we start thinking what's next," McKenzie said. "And what we are going to do after this, and how the country is going to fare."

Other than the military effort, Canadians helped mentor and train the Afghan national police. SARAH TAGUIAM/METRO

The ceremony on Wednesday at the Saskatchewan legislative assembly. SARAH TAGUIAM/METRO

Transport problems threaten Saskatchewan's growth: Wall

SARM conference. Premier discusses resources, trade and upcoming budget

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Rural communities in Saskatchewan will continue to reap the benefits of surging global demand for the province's bountiful natural resources and agricultural products.

That's the message Premier Brad Wall took to the annual convention of the Saskatchewan Association of Rural Municipalities (SARM) on Wednesday in Regina.

The premier, however, pointed to ongoing transportation woes — including a grain backlog on national railways — as a potentially major roadblock to the province's future growth.

"We've seen that agriculture renaissance. We know how important it's been to the new Saskatchewan and the growth that we've seen," Wall said in an address to hundreds of SARM delegates at Evraz Place.

"We can't risk it because the world is unconvinced of our reliability."

As a largely export-driven economy, Wall said, Saskatchewan has a prosperity that will continue to rely on trade ties with growing Asian powers.

While lavishing praise on recent trade pacts — including a deal announced on Tuesday with South Korea — reached by the federal Conservative government, the premier emphasized the importance of reducing regulatory barriers with the other western provinces.

Wall also downplayed speculation about new investments in the provincial budget to be announced next week.

Falling potash prices bear some responsibility for squeezing government coffers, he said.

"It will be a tighter budget," Wall said.

"Our economy remains strong, but government revenues will be flat."

Tax increases, he added, will be a "last resort."

Emphasizing the government's opposition to forced amalgamations, Wall stressed the importance of continuing co-operation among municipalities.

Other business discussed

Convention delegates also discussed potential amalgamation of numerous rural municipalities, in the wake of a resolved dispute between the City of Regina and neighbouring RM of Sherwood.

- Emphasizing the government's opposition to forced amalgamations, Wall stressed the importance of continuing co-operation among municipalities.

Premier Brad Wall told SARM delegates on Wednesday that transport snags are a potential obstacle to the province's growth. MARCO VIGLIOTTI/METRO

Women wow at Inspiring Leadership Forum

Arianna Huffington speaks to media on Wednesday after her presentation. SARAH TAGUIAM/METRO

Three influential women regaled a vast audience on Wednesday with stories of how they had defied odds and overcome challenges during the University of Regina's fifth annual Inspiring Leadership Forum.

Humanitarian and activist Amanda Lindhout, media maven Arianna Huffington and disabled activist Malini Chib spoke to a crowd of about 500 people at Conexus Arts Centre about facing adversity.

Lindhout, a Canadian former journalist who was taken hostage in Somalia for 460 days beginning in 2008, said compassion is the key to surviving any challenge — a realization that came to her while she was attacked by one of her abductors.

"For one split second I understood that this boy's suffering was also equal to mine. It was his own misery that allowed him to inflict this suffering on me," Lindhout, who lives in Alberta, told the audience.

"My weakest moment allowed me … to nurture this tiny seed of compassion inside of myself, and I found strength in that."

Huffington echoed Lindhout's message, saying that a release of resentment allows a connection with oneself at a deeper level.

"The ability to overcome adversity … has to do with reconnecting with the place in ourselves, that place of strength and wisdom from which we're so often completely disconnected," said the U.S.-based head of the Huffington Post.

U of R president Vianne Timmons, who launched the women's conference series in 2010, said the speakers are inspiring her to re-examine her take on life.

"At the end of it … I'm thinking about finding joy, taking care of myself better and thinking more about gratitude."

SARAH TAGUIAM/METRO

Cam Broten says he is worried about staff shortages at hospitals. MORGAN MODJESKI/METRO

FUTURE 40 CATCHUP:

CBC's Future 40 project is entering its second year — this time partnering with Metro to showcase Saskatchewan's upcoming young leaders on multiple platforms. All this week, Metro will be featuring a profile of one 2013 winner

CAM BROTEN

JACOB MORGAN
jacob.morgan@metronews.ca

The Saskatchewan NDP's youngest elected leader has experienced a whirlwind 12 months.

Since Cam Broten, 35, was featured in CBC Saskatchewan's inaugural Future 40 contest, he has completed his first year as head of the province's official Opposition.

"It's been one adventure after another," Broten tells Metro.

On a personal level, he is raising two daughters with his wife, Ruth, in Saskatoon. They are expecting another baby this July.

"I'm on the go a lot, but every young family is busy," he said. "At the end of the day, family is a huge motivator for me and a huge encouragement."

His top priorities as a politician also relate to the everyday lives of people. One example is holding the government accountable to how it treats senior citizens. "This is about an issue that affects every generation," he said.

Broten added he is worried about staffing shortages at hospitals and long-term care facilities.

"It's heartbreaking for the staff member who wants to do their best," he said. "Most of all, it's heartbreaking for the residents and their families who aren't receiving the care they need."

A further concern for Broten is the quality of education available to children at public schools.

"We need to make sure there are enough teachers and (education assistants) to teach our kids," he said.

And as the 2014 edition of CBC's Future 40 gets underway, Broten said he is excited to see all the finalists and their wide range of pursuits.

"That's why it's so exciting to be in Saskatchewan and why it's a great place to live."

Online

For more information on CBC's Future 40 project, head over to cbc.ca/sask

Explosion levels two buildings in New York

Emergency crews respond to an explosion that levelled two apartment buildings and left at least three dead and many injured in the East Harlem neighborhood of New York on Wednesday. The blast happened after a neighbour reported smelling natural gas. JEREMY SAILING/THE ASSOCIATED PRESS

Lost plane. Satellite images show suspected debris

Satellite images on a Chinese government website show suspected debris from the missing Malaysia Airlines jetliner floating off the southern tip of Vietnam, China's Xinhua News Agency reported Wednesday.

The revelation could provide searchers with a focus that has eluded them since the plane disappeared with 239 people aboard early Saturday.

The report said the images from around 11 a.m. on Sunday appear to show "three suspected floating objects" of varying sizes, the largest about 24 metres by 22 metres.

The report includes coordinates of a location in the sea off the southern tip of Vietnam and east of Malaysia. The images originally were posted on a national defence technology website.

No other governments have confirmed the Xinhua report, which did not say when Chinese officials became aware of the images and associated them with the missing plane.

The search for the plane, which left Kuala Lumpur for Beijing before disappearing early Saturday, has encompassed 92,600 square kilometres of Southeast Asia and on Wednesday expanded toward India.

It was also revealed Wednesday that the last message from the cockpit of the missing flight was routine: "All right, good night" was the sign off transmitted to air traffic controllers five days ago.

Then the Boeing 777 vanished as it cruised over the South China Sea toward Vietnam, and nothing has been seen or heard of the jetliner since. THE ASSOCIATED PRESS

The Indonesian National Search and Rescue Agency performs a search for the missing Malaysia Airlines plane off Sumatra Island on Wednesday. HERI JUANDA/THE ASSOCIATED PRESS

Hell up in Harlem. At least three dead, many others injured after gas leak triggers massive blast

Three people have died after a gas leak caused an explosion Wednesday morning, collapsing two Manhattan buildings, officials said. More than 60 people were injured and at least nine individuals are still missing.

Hunter College identified one of the people killed in the blast as Griselde Camacho, a security officer who worked at the Silberman School of Social Work building. Hunter, in a statement on its website, said Camacho, 45, had worked for the college since 2008.

Another of the people who died was Carmen Tanco, 67, a dental hygienist. Her cousin News 12 cameraman Angel Vargas said when she didn't show up for work Wednesday the family started a frantic search.

The identity of the third victim wasn't immediately disclosed.

De Blasio arrived at the scene in the early afternoon and thanked the first responders, describing it as an incredibly fast response while cautioning that the situation was still developing.

"This is a tragedy of the worst kind because we had no indication so that we could save people," de Blasio said.

"Suffice it to say that every effort is being expended to locate every one of (the missing) individuals," de Blasio said.

New York City fire Commissioner Sal Cassano told reporters that the building was in a "precarious position," and firefighters would concentrate on extinguishing the blaze before removing debris to make sure no other people were under the rubble.

METRO WORLD NEWS IN NEW YORK

Quoted

"I thought it was a bomb. It sounded like a bomb. I immediately thought of 9/11. We just saw people running, running, running. It was just a scene from 9/11."

Sandra Suro, who lives nearby on 115th Street and Madison Avenue

Nearby residents react

'It blew me out of my bed'

Nearby residents were literally shaken up by the explosion and building collapse that rocked Harlem Wednesday morning, and they described the scene to Metro.

"It blew me out of my bed," said Jay Virgo, 30, who lives in a building across the street. Virgo said she saw four or five people lying on the ground outside looking "lifeless."

Joseph Thomas said, "It took out the windows and there was stuff flying around in the air. It shook the whole building like a bomb."

Reinaldo Rosario, 48, was waiting to hear about his girlfriend's brother, who lived in the building that collapsed.

"I'm shaking," he said. "(The explosion) was loud. I thought it was our building because the building shook."

Andrew Padilla, 24, is a lifelong East Harlem resident and an independent journalist and filmmaker in the neighborhood. He told Metro, "I heard the explosion. I was a half-mile away and the building began to shake and I smelled smoke. I'm born and raised here so I wanted to figure out what happened."

A member of the NYPD gestures as emergency personnel respond. ANDREW BURTON/GETTY IMAGES

Even Molley Mills, 45, said she looked outside and saw smoke billowing in the air.

"The helicopters turned up and sirens were going everywhere — it was just crazy," she said. ANDREA PARK/METRO WORLD NEWS IN NEW YORK

Hitting home

New Yorkers hear echoes of Sept. 11 in Harlem blast

JESSICA SMITH CROSS
Metro in Toronto

Since a pair of apartment buildings exploded in East Harlem Wednesday morning, everyone Metro New York reporter Anna Sanders has talked to has said it's brought up a lot of their fears related to Sept. 11, 2001.

Sanders said the explosion wasn't related to terrorism, but before people knew that, there was chaos in the area. "People were running, crying," she said. "There was smoke everywhere and no one knew what was happening."

"As you can imagine, any time this happens in New York City, people think back to 9/11," she said.

"At least two people's lives were lost and that's tragic in and of itself. This isn't the scale of 9/11, but it obviously hits home in the city because of Sept ember 11."

Sanders arrived at the site about an hour-and-a-half after the explosion on Wednesday morning, after making calls to find out what had happened.

"I was about a block away," she said.

"I saw a lot of smoke. It was very chaotic. There were a lot of first responders trying to battle the fire still."

Sanders described the neighbourhood where the buildings exploded — East Harlem, or Spanish Harlem — as a "classic New York neighbourhood" that's not rich, but is a nice place where local residents tend to have ties to the community.

Afghan mission officially over

Bound for home.
Troops wrap up Afghan duty, Canada's longest-ever campaign

As the Canadian flag inched its way down the pole Wednesday at NATO headquarters in Kabul, Master Cpl. Jordan Taylor didn't necessarily see the red and white Maple Leaf.

The faces of friends who didn't come home were before his eyes.

"I see their faces all the time, always remember them. So, that's what I was reflecting on," said Taylor, who helped haul down the flag on Canada's longest-ever military mission.

The wounds this country has inflicted were on quiet, subtle display at the understated ceremony before the headquarters building.

Sprinkled through a crowd of three dozen Canadians who stood at attention were troops who'd returned to Afghanistan three, four, even five times in the dozen years the army has been involved in trying to stabilize the fractured nation.

During the ceremony, dignitaries — Canadian and allied alike — praised the country's involvement and sacrifices.

The country's top military commander, Gen. Tom Lawson, spoke about how the government will rally around its veterans now that they're home.

The war cost the lives of 158 soldiers, one diplomat, one journalist and two civilian contractors. THE CANADIAN PRESS

The army takes down the Canadian flag for the last time in Afghanistan on Wednesday. MURRAY BREWSTER/THE CANADIAN PRESS

Quebec. Marois: We'll keep the loonie, thanks

An independent Quebec would want to keep using the Canadian dollar and hopes to have a seat at the Bank of Canada, Parti Québécois Leader Pauline Marois said Wednesday.

The Quebec economy is in good shape and it would be beneficial to Canada for Quebec to be involved with the dollar and the central bank, Marois said ahead of the April 7 provincial vote.

"We could wish to have a seat at the Bank of Canada but we accept the fact it is the bank's monetary policy that would apply," she said.

"There are eight million people living here in Quebec and we have an economy that is a rich one.

"We have a lot of consumers. We have a lot of business organizations on our territory and I think it is important to have a place at this level (the Bank of Canada). But if it is not the case, we will see."

In reiterating the PQ's longtime position that Quebec could use the Canadian currency, Marois pointed out that European countries are independent but share the euro.

The PQ leader also promised Wednesday to reduce Quebec's debt to under 50 per cent of gross domestic product by 2018-19. As of March 31, 2014, it was projected to stand at 54.3 per cent.

Liberal Leader Philippe Couillard once again directed his attack at Marois' intention to lead Quebecers toward another sovereignty vote. THE CANADIAN PRESS

Quebec Premier Pauline Marois listens to Quebec treasury board chair Stéphane Bédard on Wednesday in Quebec City. CLEMENT ALLARD/THE CANADIAN PRESS

Eyes on Ford's job

Olivia Chow steps down as MP

Olivia Chow resigned her seat in Parliament Wednesday preparing to launch her bid to replace Rob Ford as mayor of the country's largest city.

Chow is expected to formally kick off her campaign Thursday in the Toronto neighbourhood of St. James Town, where she grew up.

She is considered one of the front-runners in the race that includes one-time provincial Conservative leader and failed mayoral candidate John Tory, city Coun. Karen Stintz and infamous incumbent Rob Ford.

Jamey Heath, who will be communications director for Chow's campaign, said the former NDP MP will be the only "progressive" contender in the already crowded field. THE CANADIAN PRESS

Harsh snowstorm hits Kashmir

Unusually heavy snowfall has unleashed avalanches and collapsed homes in the Himalayan region of Kashmir, killing at least 14 people on both sides of the de-facto border between India and Pakistan, officials said.

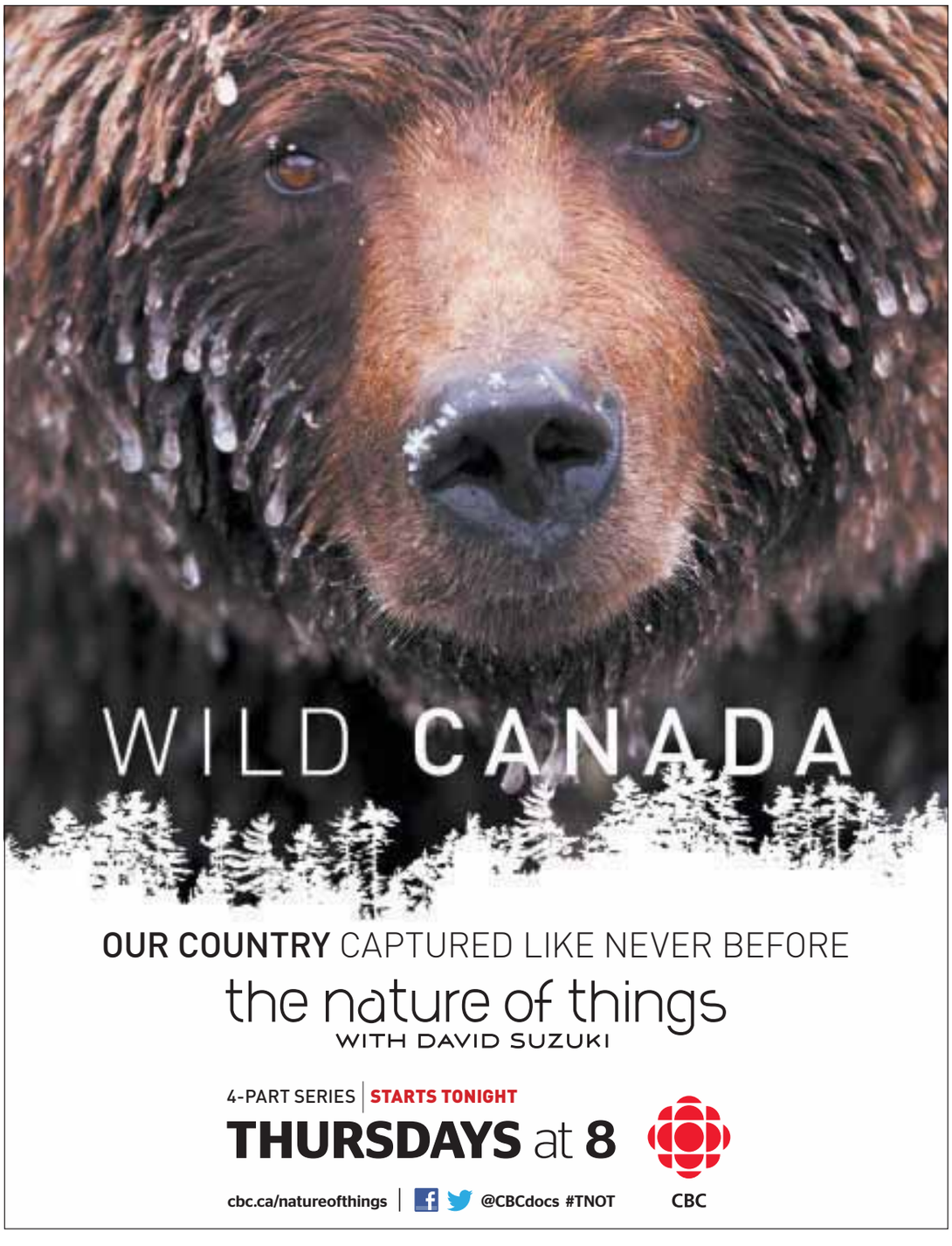
Ten died in the Indian-controlled portion of the territory, police said, while Pakistan's military reported another four dead in an avalanche on that side of the border.

On the Indian side, dozens were evacuated from high-risk areas Wednesday, after avalanches killed two Indian army soldiers camped in the Kargil region and another three Nepalese labourers working near the heavily militarized Line of Control.

Another five people were killed when dozens of homes crumpled under the weight of snow in the southern Kulgam and Shopian areas on the Indian-controlled side, police officer Imtiyaz Hussain said. Pakistan's military said an avalanche killed four soldiers late Tuesday near the northern district of Astore.

THE ASSOCIATED PRESS

Unusually heavy snowfall has unleashed avalanches in Kashmir.
THE ASSOCIATED PRESS



Top editor at Russian online news site axed

Galina Timchenko.
Fired by the site's billionaire owner after official complaints over Ukraine coverage

The owner of a leading independent Russian news website has fired its chief editor following official complaints over the outlet's coverage of Ukraine.

Lenta.ru says Alexander Mamut, who also owns several other media outlets, dismissed Galina Timchenko on Wednesday. She will be replaced by the former editor of a staunchly pro-Kremlin website. The Lenta.ru editorial team said in a statement that Timchenko's removal marked a further decline in media freedom. "The firing of an independent chief editor and the appointment of a malleable person — this is a violation of the law on mass media, which rules out any censorship," said a statement by workers.

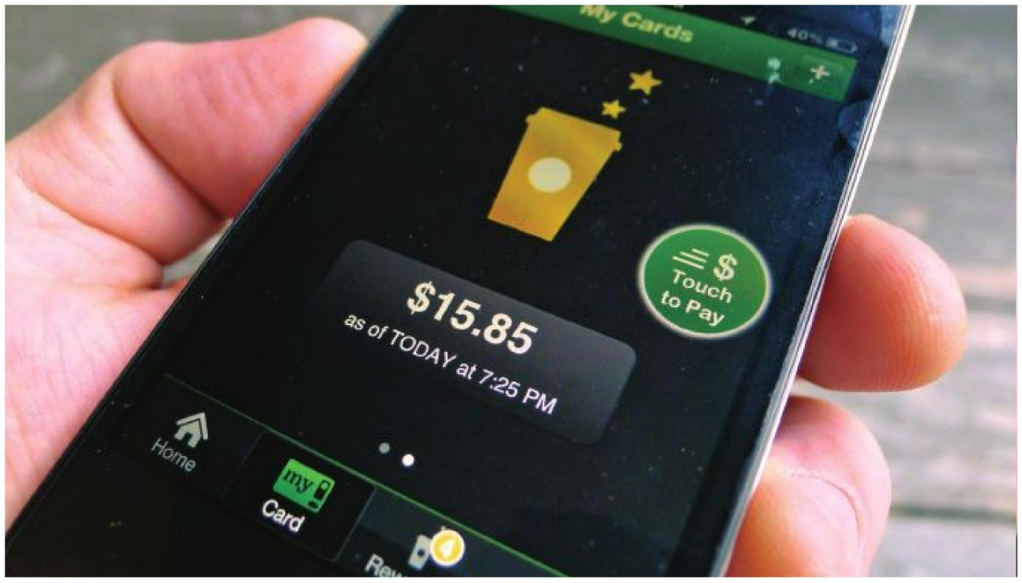
THE ASSOCIATED PRESS

"Extremist material"

The website had received a warning from a state communications regulator over an interview with radical Ukrainian nationalist Andriy Tarasenko, who had engaged in anti-government protests. The regulator said the website breached a law banning dissemination of extremist material.

Marching for Berkin Elvan

A demonstrator strikes a defiant pose in Istanbul, Turkey, Wednesday as riot police use water cannons and teargas to disperse thousands of people marching for Berkin Elvan, a Turkish teenager who died after remaining in a coma since being hit in the head by a tear gas canister fired during summer protests in Turkey. EMRAH GUREL/THE ASSOCIATED PRESS



Goodbye tip jar, hello tip app

A Starbucks payment app is shown on a smartphone. The coffee chain will soon let customers leave tips with its mobile-payment app. The mobile tipping option will be available on its updated app for iPhones starting March 19. The rollout comes as the company's app has surged in popularity, with roughly one out of every 10 purchases now made with a mobile device. After paying with the app, Starbucks says customers will be able to leave a tip of 50 cents US, $1 US or $2 US any time within two hours of the transaction. The tipping option will only be available at the 7,000 of the roughly 11,000 Starbucks locations in the U.S. that are owned by the company. GRAEME ROY/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Housing market not overheated?

Report. Economist goes against the grain, claiming current house prices are fairly valued, or even undervalued

Begs to differ

- The Bank of Canada and the federal government have warned about an overheated housing market for several years, arguing that once interest rates start rising, the roof will cave in for some home buyers.
- The Organization for Economic Co-operation and Development has also pointed to Canada as having the world's most over-valued housing market.

A new report into Canada's hot housing market is trying to calm fears of a coming collapse in prices, saying the biggest threat to home valuations may be government meddling with mortgage rules.

The paper by economist Will Dunning, who runs a real-estate market research firm in Toronto, says Canadians have been mostly prudent investors in housing and that the market can absorb either higher prices or a one per cent hike in interest rates.

Rather than being overvalued, house prices in Canada are fairly valued and may even be undervalued, he says.

The paper was released Wednesday on the same day the Teranet-National Bank composite price index rose to a new all-time high, showing home prices in Canada increased 0.3 per cent in February.

Last year, the OECD declared Canada's housing market the "most overvalued" in the world after noting that the price-to-rent ratio — which compares the total cost of ownership against renting a similar property — had ballooned to 88 per cent above the historic average.

Dunning says the problem with the assessment is that the Paris-based organization used faulty data to reach its conclusion on both the price and rent side.

The biggest distortion came from using Statistics Canada data on rent increases rather than the more accurate figures, for the purposes used, produced by the Canadian Mortgage and Housing Corp. The latter's survey found rent costs increasing almost at twice the rate of Statistics Canada — 2.4 per cent annually since 2009 as opposed to 1.3 per cent.

"The result is that there is room to accommodate a sizable increase in house prices (as much as 20 per cent to 25 per cent during the next two years), and/or rises in interest rates (of) as much as one percentage point," he argues.

"Thus, rather than being overvalued, house prices in Canada are fairly valued, and they may even be undervalued."

In an interview, Dunning said the numbers apply to the Canadian average and that some markets, particularly Vancouver, don't have room to rise without getting out of whack with fundamentals.

Still, housing bear David Madani of Capital Economics, who has been forecasting a correction of about 25 per cent in terms of prices, said it is absurd to talk of an undervalued housing market in the Canadian context.

And he praised, rather than criticized Flaherty for intervening to dampen demand, noting that reducing the amortization period to 25 years and setting a minimum down payment requirement merely returns Canada to the conditions that existed before the recent run-up.

THE CANADIAN PRESS

Is Herbalife a pyramid scheme? The FTC in the U.S. is looking to find out

Hedge fund manager Bill Ackman has won a round in his 15-month fight against supplements and weight-loss products maker Herbalife. The direct seller's shares tumbled Wednesday after Herbalife revealed that it is being investigated by the Federal Trade Commission for possible "deceptive practices."

Since December 2012 Ackman has spent millions waging a public campaign against Herbalife and building up an army of lobbyists, community organizers and members of Congress to push regulators to investigate what he calls a "pyramid scheme," that makes most of its money by recruiting new salespeople rather than on the products they sell. It is a charge that Herbalife has repeatedly denied.

THE ASSOCIATED PRESS

Online

For more on Herbalife's controversial business model, read "Health products company or pyramid scheme?" on metronews.ca

The FTC is investigating Herbalife. THE ASSOCIATED PRESS

Market Minute

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HE SAYS

John Mazerolle
metronews.ca

What does it mean to be a bachelor?

I've always considered myself a bachelor, from the tip of my cowlick to the bottom of my mismatched socks. Yet I've had a girlfriend for months now.

Must I turn in my bachelor's card? Am I something else now?

I refuse to believe that. To me, bachelorhood is so much more than whether I'm dating. What would that mean for my lack of cooking, my avoidance of cleaning my apartment, my inability to plan?

I'm not just the person I date; I'm all the things I don't do, too.

Being a bachelor is a state of mind. Some might argue that state of mind is "lazy jackass," but you can be a very nice bachelor, no matter what TV's The Bachelor might teach us.

It's about being comfortable with who we are. It's about accepting that we will always screw up the laundry, the date, the meal. Because if we didn't accept it with a grin, we'd go mad.

While ruminating on this definition of bachelor, it occurred to me that there are many bachelorhood terms and slang that help define the world we live in. I then created a list of definitions so that you might understand me and my people.

Earning Your Bachelor's Degree: A Bachelorhood Glossary

Bache-lor: Superhero known for his Blu-ray vision, imperviousness to mould, and ability to read entire Calvin and Hobbes collections during a single toilet sitting.

Bachelor-hood: A community within a city that has curbside garbage comprised of at least 90 per cent pizza boxes.

Bachelor party:

1) Four or more bachelors on one couch playing Xbox.

2) A party for an engaged man whose friends attempt to show him the worst, most abusive time possible, often in preparation for what his marriage will be like.

Bachelor shower:

1) Applying deodorant or cologne in lieu of a shower.

2) Taking an actual shower for approximately 40 minutes until the water runs cold and the bathroom is steamier than a Shannon Tweed VHS intro.

Bathroom: Room for building online-dating photo portfolio.

Bed-making: Something done once, usually with an Allen key.

Bedroom: Walk-in hamper.

Carpet: Bache-lor's greatest enemy, absorber of stains and hurler of vicious static electricity.

Confirmed bachelor: Guy you can clearly see is wearing two different socks.

Diet: Only using half the icing on a Toaster Strudel.

Home cooking: Take-out from any restaurant within 500 metres of where you live.

Kitchen: Hallway to garbage can.

Muffin top: The laundry at the top of the hamper that pours out of the top and gets washed repeatedly, as opposed to the Muffin stem of clothes that sits at the bottom of the hamper for all eternity.

Snow (also 'base' or 'wacky dust'): Street slang for Carnation Instant Breakfast Powder Drink Mix.

Spring cleaning: Taking the Slinky into the shower.

And that's my small window into the world of the bachelor, whether he's single or not. Speaking of which: If you see my girlfriend, tell her I've been thinking about her while I work on my definition.

ZOOM

Getting to the heart of it

ANDERS PERSSON/WELLCOME IMAGES

Anatomical image scan wins top award

A striking image of a mechanical heart pump inside the patient's chest has been named as the overall winner of the Wellcome Image Awards 2014, a leading competition for medical photography. The picture was captured by Anders Persson, a pioneer in using colour 3D images from scans in clinical practice. **METRO**

Judge's corner

"The juxtaposition of delicate human anatomy with the robust mechanical plumbing parts is dramatic, and the image is rendered so vividly in 3D that it appears to jump out at the viewer."

BBC medical correspondent Fergus Walsh

DIY it

- The Swedish scientist used a new scan type known as dual energy computed tomography (DECT) angiography: A patient is scanned with two sources of X-rays at different energies.

Clickbait

IRENE KUAN
Metro Online

The Internet turned 25 this week, and we can thank its inventions for the existence of certain words we use daily. Here is a list of the best words the Internet has given humankind.

SCREENGRAB

Avatar

In computing terms, an avatar is a graphical representation of a user's alter ego, usually used in virtual world games or Internet forums.

Trolling

This is Internet slang to describe a person who tries to upset people online, by posting inflammatory or off-topic messages on forums or websites to deliberately provoke other web readers' emotions.

Meme

In Internet talk, a meme is something that has been built upon or manipulated that spreads from person to person online. Some memes have gone viral on sites like Reddit, 4Chan and Facebook.

Hashtag

A hashtag is a word or phrase prefixed with a hash symbol (#). It is often used for social media or microblogging sites like Twitter and Instagram.

Twitter

@metropicks asked: The web turned 25 March 12. It allows us to binge watch, over share and shop easily. But how has it made our lives more difficult?

@AjokeDare: I always feel like somebody's watching me

@Zaedum: it makes us realise much our everyday lives suck compared to most. #justsaying #imsoboring

@deefontein: Yes, the paradox of choice at it's finest. IE. Spending hours scrolling Netflix choices & watching 0.

@speirsr: Pre-Web,I'd mend a wound.Now,I consult Intrnet for med advice,but become overwhelmd,so let it fester&wait for somethng 2fall off

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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Matt Webb's solo EP and tour is a move in the Right Direction

Home, sweet home. Marianas Trench guitarist strikes out on his own with cross-Canada tour, but feels connection to Saskatchewan

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Matt Webb of Marianas Trench will be performing his solo material at The Exchange on Sunday, March 16. CONTRIBUTED

Matt Webb had a peculiar sense of déjà vu while recording his latest EP, Right Direction. While the material was new, the setting was oddly familiar. He set up a recording studio in his old bedroom in his parents' house, where he received treatment that's a far cry from the typical rock star recording session.

"My mom brought us snacks during the recording process and my dad yelled from downstairs that we were being too loud," Webb said in a telephone interview.

And much like recording an album in the empty room he grew up in, Webb's current tour also feels familiar, yet different. He's on the road with his own band instead of his usual group, Marianas Trench.

"It's a little nerve-wracking; I don't have the Marianas guys with me, all the attention's on me, I can't hide behind Josh (Ramsay, lead singer of Marianas Trench)."

He'll have plenty of time to get used to the spotlight as he tours across Canada through the end of March. He says he views his Saskatchewan stops as a sort of homecoming, because his parents are both originally from Saskatoon.

But how does someone really prepare to transition from lead guitarist to front man?

"I'm practising all of my moves in front of the mirror and getting myself ready, getting my tight pants out of the closet," Webb said with a laugh.

Right Direction is his second solo effort following 2008's Coda and Jacket. But Webb says unlike that release, the new effort is much more focused.

"I feel like I learned from the mistakes of the first EP and wrote songs that are based around the guitar, (I wanted to) be able to play them acoustically.

"It's more cohesive front to back and has the feel of something you can crank at night in your car when you're driving down the highway."

The first single from the EP has already received heavy play on MuchMusic and went to number one on the iTunes Canada Video Chart. But no matter how much success Webb has on his own, he realizes he owes a lot of it to his regular job. "I've been so fortunate with Marianas; it's provided me with the opportunity to do this. I would never have had the success with the solo stuff if it wasn't for those guys and I'm very thankful for that."

The beat goes on ...

• **Don't fret.** Fans of Marianas Trench needn't worry that Matt Webb's solo career will have an impact on the future of the band. They have plans for summer concert dates as well as a new album — and they're also somewhat of a rarity in the world of rock music, having featured the same lineup since forming in 2001. "We're family, we've doing this for years and there's no reason we'd ever change. I couldn't imagine doing it with anybody else," Webb said.

Angelina Jolie PHOTOS: GETTY IMAGES

Six kids later, Angelina Jolie is finally taking up cooking

With six kids at home, it might come as a surprise to learn that Angelina Jolie is only now learning how to cook, but there you go. "Angelina took her first cooking class last year. Her lack of cooking abilities was really getting to her, but she's finding cooking has become a great therapeutic exercise," a source tells Radar Online. "Angelina gets a kick out of feeding her kids herself and loves the creative side of it, although she admits she's not quite at that stage where she's confident enough to go 'off recipe' and experiment. But she's working on getting there." So where does a globe-trotting Oscar winner go for cooking lessons? Why, to Munawar Hosain, a member of the Hollywood Foreign Press Association, who has reportedly been giving Jolie regular lessons in preparing Indian dishes at his Beverly Hills home. "Angelina absolutely loves the hands-on instruction," the source says.

Chris Pine

Chris Pine to face drunk driving charges in NZ

Chris Pine, known for playing Captain Kirk in the Star Trek movies, has been charged with drunken driving in New Zealand. The 33-year-old American is due to make his first court appearance in the case on Monday, court officials said Wednesday. New Zealand Police said in a statement that a 33-year-old American was charged March 1 with driving with a blood-alcohol level over the legal limit, which in New Zealand is .08 per cent. Police did not name the man, but said he was stopped during a routine early-morning check near the South Island town of Methven. Pine has been in New Zealand filming the movie Z for Zachariah, which is due for release next year.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A glimpse into Lohan's little black book

MELINDA TAUB
Metro World News in New York

Max George. Heath Ledger. Jamie Dornan. Zac Efron. Justin Timberlake.

All these and more are notches in Lindsay Lohan's bedpost, according to In Touch. Reportedly, Lindsay was hanging out with some friends at the Beverly Hills Hotel on Jan. 30 when she grabbed a pen and started jotting down names — most of whom were very famous and very handsome. "It was her personal conquest list," says a witness. "She was trying to impress her friends with the list and then tossed it aside."

Apparently, in between stints in jail and rehab, Lindsay found plenty of time for amour. The list, which contains at least 36 names, also includes such celebs as J. Phoenix (Joaquin, is that you?), Lukas Haas, Evan Peters, Wilmer Valderrama, Colin Farrell, James Franco, Adam Levine and Garret Hedlund.

I have my doubts about this. Lindsay has mostly been a mess these last few years; it doesn't seem likely that she could have kept these high-status hookups this quiet for this long. (You don't think she would have drunkenly screamed "I hit that" whenever a Justin Timberlake song came on in the club? Because I would have.)

I hope it's true, though, because first of all you go, girl; second of all, almost half the list is blurred out, which suggests there are even bigger, more scandalous hookups on there that we have yet to learn about.

Naomi Campbell

Done with the diva life? Naomi Campbell wants to be a mom

Naomi Campbell is ready to be a mom, and she doesn't mind going it alone. "I do want to have children, whether I have a man or not. I will have it on my own," the supermodel told designer Diane von Furstenberg during a SiriusXM Radio chat recently. Campbell, who broke up with billionaire Vladimir Doronin nearly a year ago, also revealed she was infertile until very recently. "I was not able to have children up until March," she said. "Now it's in God's hands. I would love to have a family."

Vin Diesel

Fast & Furious 7 moves ahead with filming

Vin Diesel and other members of the Fast & Furious 7 cast are heading to the Mideast city of Abu Dhabi after months of uncertainty about the fate of the movie. Abu Dhabi's government-backed twofour54 media hub said in a statement Wednesday that shooting in the United Arab Emirates capital is scheduled to take place in April. Filming of Fast & Furious 7 was put on hold in December following the death of star Paul Walker in a car crash. A crew filmed some helicopter shots, stunt footage and other scenes in Abu Dhabi in November.

THE ASSOCIATED PRESS

Twitter

@bobsaget
Good people are hard to come on.

@WhitneyCummings
Watching wedding dances on YouTube for three hours is healthy right?

@KellyOsbourne
On my THIRD laser tattoo removal surgery!!

She's got unblurred ambition

You know she wants this. Model and actress Emily Ratajkowski chats about balancing her silver screen acting ambitions with putting money in the bank

RICHARD PECKETT
Metro World News

You'll know Emily Ratajkowski as the bodacious beauty from Robin Thicke's Blurred Lines video. She's all nubile flirtation — no top, nude panties, white sneakers and rouged lips temptingly parted — meets wide-eyed pseudo-innocence, playfully skipping and bouncing to the beat.

We watched, gyrated and leered. It was the music world's Fifty Shades of Grey, dividing opinion over its social acceptability: ban it versus give me more. The polarization of opinion is irrelevant; although we all had something to say on the subject, it brought one girl originally cast as a back-up dancer to the fore.

That said, the line between Ratajkowski's current image as sexpot eye candy is at odds with her "Martin Scorsese" acting ambitions. She intends to blur the boundaries between two incongruous worlds through what she refers to as "balance" between the commercial (read: cash-paying) roles and creative career-progressing endeavors.

She has a clear mission statement, but it's one that could be difficult to implement when you consider that she's a YouTube beauty to the tune of more than 276 million views, and now surely commands considerable buck to boogie. It will depend on the success of her upcoming role in director David Fincher's Gone Girl as to whether Ratajkowski can escape that lucrative but vapid music video dance sphere.

Initially, the 22-year-old was reluctant to be cast in the video.

Don't be fooled by her fawn-like appearance. Behind the big brown eyes and ditzy dancing is a girl who, in her words, "is looking to surprise people."
ADAM KATZ SINDING/GETTY IMAGES

Hey, hey, hey!

"For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

"Naked girls dancing around in a music video sounded pretty intense and I didn't want to be pigeonholed as a music video girl after shooting with Maroon 5 in Love Somebody," she says.

It was the video's director who convinced the young model to accept the job, while Thicke, a married man in his mid-30s, took the brunt of the negative barrage for the video's sexist undertones.

Ratajkowski, the current face of fashion retail site Revolve, is keen to avoid being typecast as a gushing airhead despite appearing in the 2014 Sports Illustrated Swimsuit Issue.

"I'm definitely not into that swimsuit model vibe. I like the ballet and I like to see female porn films — I'm a little different in that way, I guess," she asserts.

The British-born model is aware that her topless cavorting could strike discord with Hollywood directors. But as she rightly points out on being cast as Ben Affleck's mistress Andie in Gone Girl, due out this October: "When you're working with director David Fincher [The Social Network, 2010, and The Girl With The Dragon Tattoo, 2011] people definitely do take you seriously." She adds: "I'm doing Sports Illustrated but I'm also appearing in the Spanish fashion magazine S Moda. For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

Of course, the pigeonholing might well be something that she has to contend with for the meantime. However, it makes sense for her to make the break from being desktop dance star to silver screen sensation in order to certify her as a serious acting talent. "I want to establish myself [in the industry] and there are a few things that'll be announced in the next few months that will balance everything out," she says.

The modeling profession wasn't always receptive to Ratajkowski's plans to break into acting — a dream she's had since childhood.

"I told an agency in New York my goals and they said it was only a select group of girls that have that opportunity," she explains.

The timing of the Fincher film might be fortuitous but it seems doubtful that this is the case of a pretty wallflower seizing her 15 minutes of fame.

For her part, Ratajkowski makes it sound like she's always had a career game plan and it doesn't involve selling out for questionable success. "Throughout my childhood I acted, so it was always something I felt passionate about — I just really didn't want to play the mean girl in high school or the cheerleader," she says.

The tough and the topless

The model and her family have the final word on the controversial Ratajkowski (pronounced 'rat-a-COW-ski' — the 'j' is silent) phenomenon.

- When asked what her mother, a feminist and English professor, thought of the Blurred Lines video, she replies, "She thinks it's beautiful and important for women to embrace their sexuality."
- Ratajkowski describes the word feminist as "testy", saying, "People connect a lot of strange things to that word. In general, I really love women and I want them to be treated equally." She continues: "I think some people have a problem with a model, who's done nude work, using the word feminist but I have no problems with saying it."

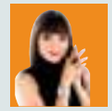
Trends Report

Wouldn't you love a dress that could slim out your silhouette? Go online to Trends Report to see the Chanel outfit actress Keira Knightley wore at a Paris fashion show this month that had the media buzzing about her ultra slim waist.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Excited about my vintage 1938 literary purchase in #Warkworth at Camp Ho-Ba-Chee: " Toby Tyler" featuring Mr. Stubbs!

OMG! Look at the great #HonestEds sign my friend got me today. (Had to stand in line 4 hours for it!) #endofanera

ELLE 3

Florals bloom large once again

New hothouse.
Fashion's haute botanicals and flowers spill off the runway and into decor

After years of simple solids and geometric prints, the lowly flower is making a comeback in decor. Floral patterns have been blooming all over fashion runways in recent months, and they are slowly finding their way back into the world of home decorating, too.

It wasn't long ago that any mention of floral upholstery or wallpaper brought back memories of 1980s cabbage roses, flowery Shabby Chic borders stencilled high on bedroom walls, and suburban homes designed to feel like precious cottages swathed in pink and green.

But today's new patterns aren't your grandmother's florals. And they can be a refreshing antidote to the minimalist patterns that have dominated home decorating in recent years.

"It's what we're all craving," says New York-based designer Jon Call, founder of Mr. Call Designs. "It's romance, it's a softness ... and it feels fresh again, because no one has defined it for our generation."

While brands like Laura Ashley delineated the floral look of a generation ago, the new florals have no rules. Which makes them more fun — and more challenging — to use successfully.

Here, Call and two other interior designers — Betsy Burnham of Los Angeles' Burnham Design, and Brian Patrick Flynn, executive producer of HGTV.com's Spring House series — offer advice on working with this fresh crop of floral patterns.

Brian Patrick Flynn updated this industrial loft kitchen using floral wallpaper from Graham & Brown with modern scale and colours. Flynn says the trick to using florals in fresh new ways is to choose over-scale botanical fabrics rather than traditional florals with small pattern repeats. SARAH DORIO/BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

What size?

"Scale is the most important factor in modernizing the look and feel of florals," says Flynn. He suggests avoiding flowers that are depicted at their actual size. Instead, pick patterns where the flowers are bigger — between 50 per cent and 200 per cent larger than life-size.

Call agrees: He's a fan of using vintage prints in "the largest scale you can find," so that the print's eye-popping size contrasts with its traditional style.

But Call and Burnham also think floral prints can look modern if they're printed on a very small scale, especially if they're used on smaller items like throw pillows.

Where to use it?

Floral patterns can work especially well on sleek, modern pieces of furniture, Burnham says. Rather than choosing a floral sofa that's rounded and tufted, use floral upholstery on a simple sofa with straight, clean lines.

And rather than hanging floral draperies in a bedroom or choosing a floral bedspread, use solid colored fabrics in those locations and then upholster the headboard in a bold, oversize floral.

What colours?

A great pattern can look dated if you pick the wrong colour palette, says Flynn. "Florals with mustard yellow and burgundy palettes instantly feel old and stuffy. To make them fresh and fun, look for those with unexpected colour palettes, such as black and violet or springy greens and punchy pinks. The pattern will keep its classic appeal, but with a youthful update."

Burnham says floral patterns done in just two colours (or in two shades of the same colour) can look more modern than florals that include several colours. And "if you go for something on a crisp white background," she says, it "might read more current than something on a tea-dye that's more muted."

Call's thinks just about any colour can work, though he prefers to steer clear of pinks and purples. "It gets too sweet, too endearing," he says. You have to "be careful with the sentimentality," he says, or you'll lose some of the modern edge. THE ASSOCIATED PRESS

Which pattern?

- Find a floral print that really appeals to you personally, Burnham suggests. "Nothing corny, nothing ordinary," she says. You want "something really special."
- You might try "chinoiseries that include figures and florals," Burnham says, "or flora and fauna... That's a way to do it if you're kind of scared of just flowers."
- Another option is choosing a pattern that's more "botanical" than flower-filled.
- "Homeowners with aversions to super-girly florals featuring rosebuds or elaborate petals may find botanicals a better fit," says Flynn. "While floral prints include shapes and silhouettes of actual flowers, botanicals rely more on stems and leaves."
- Call points out that designers like Vivienne Westwood have created digitized, pixilated floral prints that mix traditional and modern style. But, he says, even the most classic chintz fabrics can look great in a modern home if they're handmade and high quality.
- Flynn encourages clients to mix floral patterns with other prints.
- "The floral cottage style of a decade ago was all florals and ribbons," Flynn says. "Anytime I'm dealing with a home occupied by couples arguing over masculine and feminine styles, I'm likely to mix botanicals or florals with classic masculine prints such as gingham, check or plaid."
- That juxtaposition of "classic girly prints with iconic patterns used for men's spaces" creates a modern, gender-neutral room.

Interior designer Brian Patrick Flynn uses navy blue prints from Ralph Lauren and John Robshaw to make an otherwise feminine den a bit more gender neutral. SARAH DORIO/BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

Discover Irish flavours as you sip green beer

Lamb Chops with Parsley and Mint Sauce. St. Paddy's Day is coming up, so get in the kitchen and try this classic dish

"A parsley and mint sauce is an easy way of adding flavour to lamp chops," writes Rachel Allen in Rachel's Irish Family Food.

"The anchovies give the sauce a wonderful depth that works particularly well with lamb and doesn't taste at all fishy. The mint and parsley bring freshness while the capers give the sauce their own particularly punchy flavour.

"You can make the sauce ahead and it will keep in a jar for up to two weeks in the fridge. Do take it out of the fridge about half an hour or so before serving, to give the flavours a chance to wake up.

"The sauce would also be an excellent accompaniment to grilled steak, roast chicken, or pan-fried mackerel."

Ingredients

- 8-12 lamb loin chops
- 4 tbsp extra virgin olive oil
- Salt and freshly ground black pepper

Parsley and Mint Sauce

- Handful of mint leaves
- 2 handfuls of parsley leaves
- 2 tbsp capers, drained and rinsed
- 8 tinned anchovies
- 6 tbsp extra virgin olive oil
- 2-4 tbsp freshly squeezed lemon juice
- Salt and freshly ground black pepper

1. To make the sauce, combine the herbs, capers, anchovies, olive oil and 2 tablespoons of the lemon juice in a food processor. Whiz for a minute, then add salt and pepper or more lemon juice to taste. If you don't have a food processor you can chop everything finely by hand and mix together.

2. Place a frying pan or griddle pan over high heat. While it is heating, drizzle the lamp chops with the olive oil and season with salt and pepper. Place in the hot pan and cook for 2-4 minutes on each side, until just pink in the centre. Serve immediately with a drizzling of the sauce.

RECIPES FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

This recipe serves four to six. PHOTOS FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

Cookbook of the Week

From Ireland to your kitchen

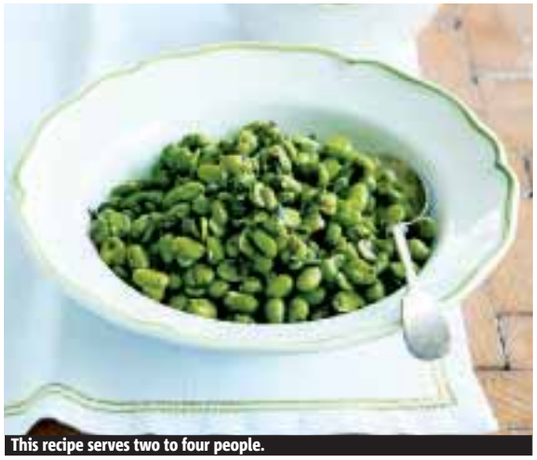
Ireland's bestselling cookbook authors. In Rachel's Irish Family Food, she shares 120 authentic recipes.

A healthy mix of traditional and modern Irish cooking, the book also contains stories, history and insights into Irish life from across all the counties of the country.

Among the recipes in this book are: Kinoith Pork Casserole, Irish Stew, Irish Sunday Roast, Sautéed Buttered Cabbage, Pea and Spring Onion Champ, Turkey and Ham Potato Pie, Iris Coffee Cups and more.

METRO

Side. Minted fava beans



This recipe serves two to four people.

"The mint here brings its fresh taste, which goes great with the beans, although you can just as easily serve them with parsley or no herbs at all," writes Rachel Allen in Rachel's Irish Family Food.

1. Bring a large saucepan of water to a boil with 1 teaspoon of salt. Add the beans, bring back to a boil and cook for 2-3 minutes if fresh, or 5-6 minutes if frozen. Drain well. Once cool enough to handle, pop the beans out of their skins.

2. Melt the butter in a small saucepan over medium heat. When the butter is frothing, add the beans and toss for 30-60 seconds to warm through. Add the mint, tossing it with the beans, and season well with salt and pepper. Spoon into a bowl and serve immediately.

Ingredients

- Salt and freshly ground black pepper
- 18 oz (500 g) podded fresh or frozen fava beans
- 2 tbsp (25 g) butter
- 4 tbsp (50 g) coarsely chopped mint

For your phone

Kitchen Stories (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Striking a healthy balance between free and paid content, this beautifully instructional video cookbook offers weekly updates and includes a no-bake lasagna, halibut in thyme milk, and crostini variations.

Brian McKeever and his guide Graham Nishikawa win the gold medal in the men's visually impaired one-kilometre sprint at the 2014 Paralympic Winter Games on Wednesday in Sochi. MATTHEW MURNAGHAN/CANADIAN PARALYMPIC COMMITTEE/TORSTAR NEWS SERVICE

Downed but never out of it

Cross-country skiing. McKeever recovers from a fall to win his second gold medal of the Paralympics

Two hundred metres into the race, Brian McKeever was suddenly on his backside and it appeared his ninth career Paralympic gold medal was slipping away.

But he wasn't letting it go without a fight and the Canmore, Alta., cross-country skier, led by guide Graham Nishikawa of Whitehorse, caught up to the pack to win the men's visually impaired sprint at the Sochi Paralympics on Wednesday.

It's McKeever's second gold of the 2014 Games and the 12th medal of his illustrious Paralympic career. The 34-year-old also won gold in the 20-kilometre event on Monday.

The two Canadians easily advanced to the final where a Russian skier stepped on McKeever's pole, causing him to crash around the 200-metre mark of the one-kilometre race.

Awaiting a silver medal

Meanwhile, alpine sit-skier Kimberly Joines of Rossland, B.C., finished second in the women's slalom, although the results are still unofficial after a German skier appealed her disqualification from the first run. A decision is expected Thursday morning.

But McKeever scrambled to his feet and, with the help of Nishikawa, caught up to the rest of the pack.

"It wouldn't be right for me to tell you what I said in my head, but once the cuss words were out, the only thing you can do is get back up and race," said McKeever. "I thought we were clear, but that is normal and it happens in sprinting when you are all fighting and tight. Everyone is going flat out. It is intense and everyone is at their limit. We are just fortunate it happened in the first 200 metres and not at the end so we had time to catch up."

Canada has eight medals (two gold, two silver, four bronze) and sits third in the overall tally. THE CANADIAN PRESS

Let's not make a deal

"We weren't going to force a deal and do things we really didn't believe in just to make a splash."

Blue Jays GM Alex Anthopoulos addressing the lack of moves he has made since the end of last season. Ervin Santana, a pitcher the Jays were reportedly close to signing, was acquired by the Braves on Wednesday.

NHL

Operation bumped up for Peverley

Rich Peverley will not play again this season after the Dallas Stars forward collapsed on the bench during a game Monday.

One of Peverley's doctors said at a news conference Wednesday that the 31-year-old will undergo a procedure that was originally planned for after the season. He was diagnosed with an irregular heartbeat in training camp.

Dr. Robert Dimeff said Peverley's playing status beyond this season is unknown.

THE ASSOCIATED PRESS

NBA

Lakers shut down Kobe for the rest of the season

Kobe Bryant won't be back on the court for the Los Angeles Lakers this season.

Bryant's broken bone in his left knee still hasn't healed enough for weight-bearing exercise.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
The future is not bleak, no matter what some pessimists say. In fact it is exceedingly bright and you are in the right place at the right time to take advantage of all the good things that will be coming.

♉ Taurus
April 21 - May 21
It's OK if you want to shut yourself off from the world and be alone with your thoughts for a while. Others may think you are behaving strangely but only because they are insensitive.

♊ Gemini
May 22 - June 21
No matter how go-getting and ambitious a Gemini you may be, there are times when even you must slow down and take time to smell the flowers along the way. Like right now.

♋ Cancer
June 22 - July 23
If you recently did something wrong then learn from it what you can, then put it behind you and move on. You'll make mistakes tomorrow too, of course, but your successes will far outnumber them.

♌ Leo
July 24 - Aug. 23
If you don't want to do something then leave it. Others may moan that you should be making an effort but they're wrong. You should work only on things that interest you.

♍ Virgo
Aug. 24 - Sept. 23
Today's Sun-Saturn link will encourage you to get serious about career prospects. Map out how you see your ambitions unfolding over the next six months — and who you can rely on for support.

♎ Libra
Sept. 24 - Oct. 23
Your sixth sense tells you that something drastic is going to happen. But what some people see as a disaster over the next 24 hours, you will see as a golden opportunity.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign, linked to the Sun in Pisces, urges you to take life at a slower pace. What you achieve over the next 24 hours or the next 24 years, will not be determined by speed but staying power.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't waste time lamenting what might have been. Sagittarius is a Fire sign, which among other things means you should always be looking forward to the next adventure.

♑ Capricorn
Dec. 22 - Jan. 20
You may not understand how and why certain events had to happen but you can see there is no point being negative. While others complain today, you will make the most of the changes.

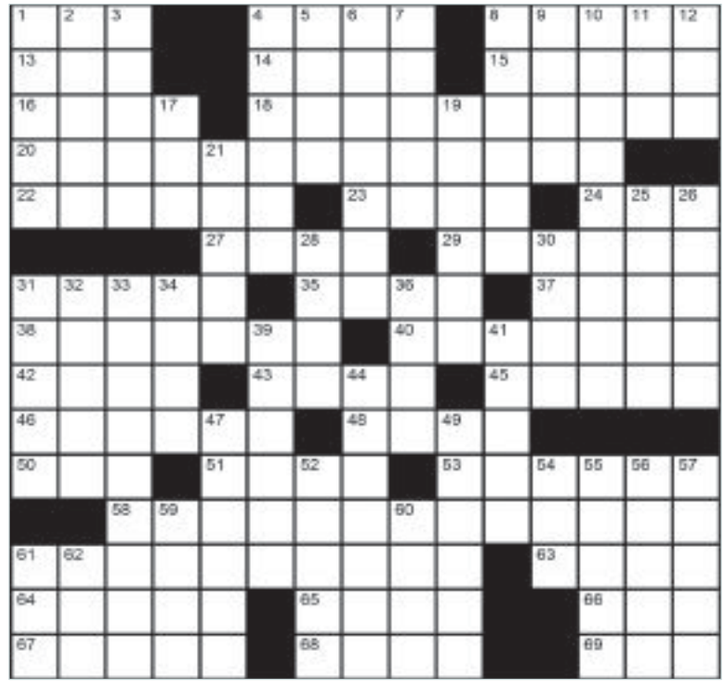
♒ Aquarius
Jan. 21 - Feb. 19
There is always an answer, even to the most difficult of questions, so don't lose heart if your existence isn't easy. Despite what some choose to believe life is, was and always will be a garden of delights.

♓ Pisces
Feb. 20 - March 20
The Sun in your sign is protecting you from harm and with Saturn on your side as well today it's as if you have some kind of force field around keeping negative ideas, and negative people, at bay. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

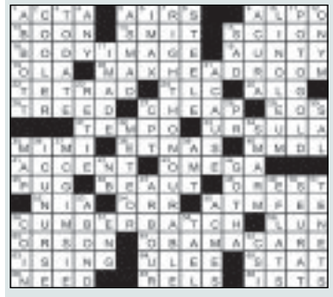
BY KELLY ANN BUCHANAN



Across
1. Kitty's rival
4. Creme Creme connection: 2 mots
8. Eminem's mentor: 2 wds.
13. Flight schedule acronym
14. City near Provo, Utah
15. Baseball great Hank
16. Slangy affirmatives
18. Trapeze-fallers catchers: 2 wds.
20. Creators of Quebec cheese Oka in 1893 in a Cistercian Abbey: 2 wds.
22. Calgary's motto on its city crest
23. Crossword rendering of an owl couple peering out
24. __ Na Na
27. Paul McCartney's 1995 radio show, __ Joobu
29. __-__ garage
31. "Rolie __ Olie"
35. Gas or elec., e.g.
37. "Diana" (2013) character
38. "Disco Inferno" by The __
40. Modernize
42. Shreds
43. Prefix to 'dermic' (Syringe sort)
45. Prayers' last words
46. Oxygen-dependent being
48. Canadian musician Mr. Kim
50. Chairman Mao's military gr.
51. Bldg. planner
53. "All __!" (Train call)
58. Randy Jackson's role on "American Idol": 2 wds.
61. Shakespearean tragedy about a General of Rome
63. Unaccompanied
64. __ Building (NYC's mecca of '50/'60s songwriting)
65. Foul
66. Race the engine
67. War horse
68. "Be _ __!" (Help out!)
69. Saskatoon's airport code

Down
1. Banff National Park: __ Glacier
2. Sean Penn movie, "_ __" (1997)
3. Banana/custard tasting fruit [var. sp.]
4. Square Dancing call
5. Ages
6. Omitted: 2 wds.
7. Write _ __ (Do office work)
8. Any __ __ (Tomorrow, perhaps?)
9. Position
10. 'No jeans' policy: 2 wds.
11. Moulder
12. Nav. designation
17. Facials-getting site
19. Play the flute
21. Preamble
25. Actor, Thomas __ Church
26. Botanical casings
28. Overly ornate
30. Basketball's Lamar
31. Sink's plumbing fitting, _-__
32. Bay window
33. Portage __ __, Manitoba
34. Cream's "__ __ Glad"
36. Music's __ & Wine
39. Carbolic acid
41. 1994 Oasis album: 'Definitely __'
44. Soup ingredient
47. Look!
49. __ in distress
52. Tropical fruit
54. Some film roles, Walk-__
55. 'Affirm' suffix (Giving assent)
56. Watch brand
57. Celine Dion song: "I __ All Night"
59. Cairo's river
60. __ Varner, Lee Remick's role in "The Long, Hot Summer" (1958)
61. TV network
62. Food scrap

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	8		4	9	6			
								6
	2	4	1			8		
2				7				8
		5				7		
4				1				2
		7			9	4	5	
3								
			5	8	1		7	3

Yesterday's Sudoku

6	8	3	7	4	1	9	2	5
1	2	4	6	5	9	3	7	8
7	5	9	3	2	8	6	1	4
9	7	5	1	3	2	4	8	6
2	4	1	9	8	6	7	5	3
3	6	8	4	7	5	1	9	2
4	3	2	8	9	7	5	6	1
5	1	7	2	6	4	8	3	9
8	9	6	5	1	3	2	4	7

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to sell soap & bath products in
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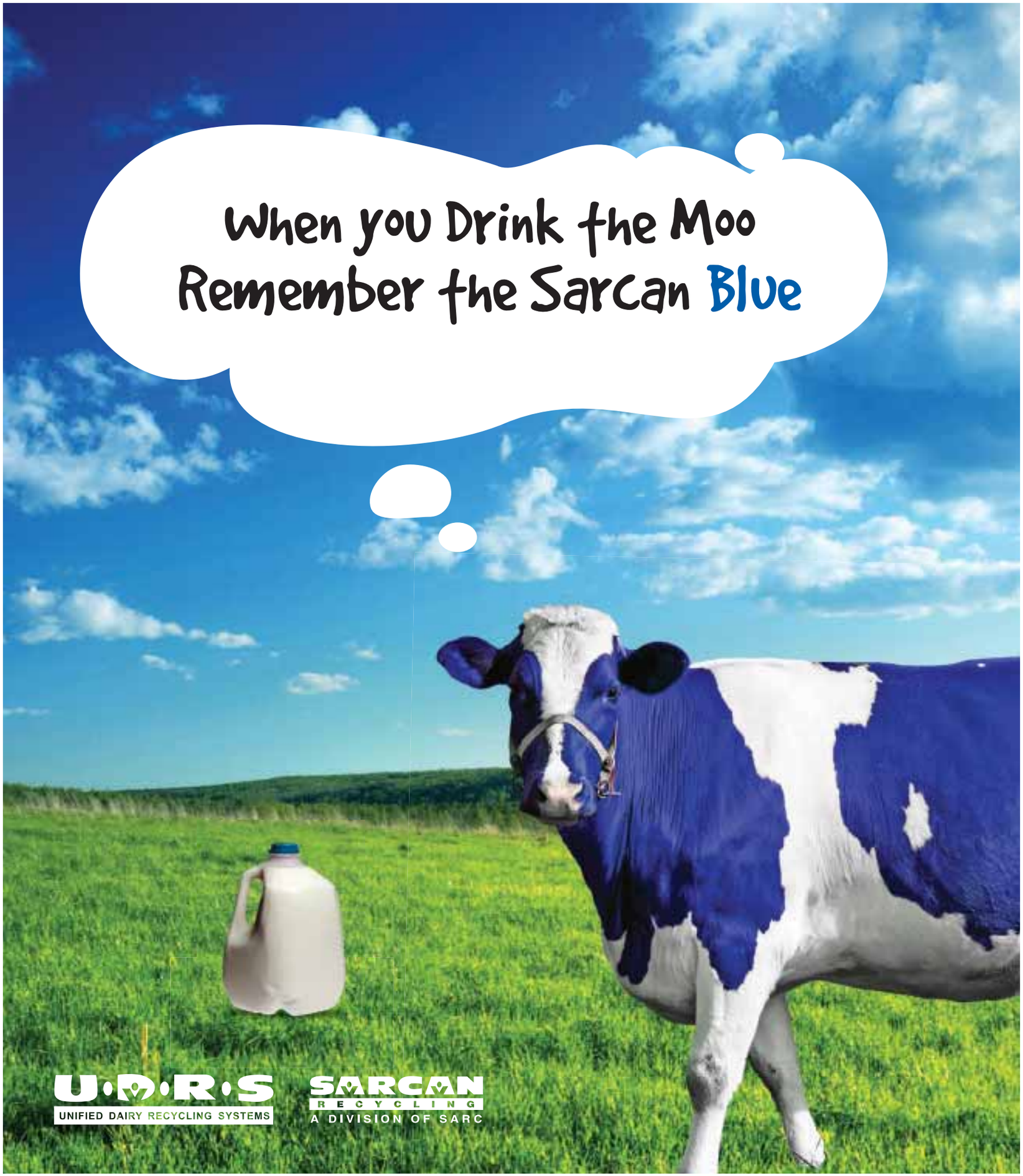
$11.15/Hr Plus bonus & commission.
No Experience Required.
Email : soapskss@mail.com


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
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SARCAN
RECYCLING
A DIVISION OF SARC